

# Alphabets of Living a Purposeful Life Basic Teachings

OF

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Most of us are living our lives, without understanding its purpose. Just as we are keen to make the best use of our money and possessions so as to benefit us so also utilizing the most prized possession of ours our Life itself to the best of our benefit is our concern ! Let us think along with Swamiji in this direction as follows :

### “A”

- (a) Uttishthat Jagrat Prapya Vranu Nibodhat ( Katho Upnjshad )  
( Arise, awaken and finding out the pure, great Teachers; attain the knowledge of God ! )
- (b) That which you can not keep held up for long is unreal and that which never leaves you is the TRUTH or REALITY ! ( Swamiji )

### “B”

The Sixteen Constituents of Righteous Duty ( DHARMA )  
These are based on the following truth :—

THE SOUL is REAL i. e., ever existent  
( never destroyed nor disappears ).

This Indestructible Truth leads to conclusion of the following four points :—

(I) THE FIRST FOURS :

( i ) **Surmise**—That Which is Ever Exist ( Soul ); Death of THAT is imaginary. No individual has ever experienced His DEATH. In reality we have never died and will never die.

**Practical Application**—Therefore to have Fear of death is against the foundation of our basic and true concept about ourselves i. e., against the truth or reality about us.

Hence one should do the right or the prescribed ( good ) deeds of scriptures without entertaining any Fears. Fearlessness should be practised for righteous deeds because of the truth of Deathlessness of existence of the Soul.

( ii ) Just as our Soul is Real & Eternal, so is the Soul of others. Just as I believe or crave to live for ever, so do others. Therefore to inculcate fear of death in anybody's mind is unrighteousness. Therefore, Don't Be Instrumental in causing hurt or fear of anybody's death.

These two points stress the essence and need for practice of Non-injury or Non-violence.

( iii ) The Soul is Everlasting i. e., life is continuous therefore it's one righteous duty to plan for living one's life continuously.

( iv ) Just as for one-self, it is also righteous to plan that others may continue to live.

These two observations cover all those particulars which

are essential for promoting life-such as to arrange for food, clothings, medicines, health and dwellings for one self and others.

## (II) THE SECOND FOURS based on

The Soul is "Consciousness" or "Awareness". Everybody is conscious that "he is". Nobody ever imagines himself as non-entity or non-living matter. The mental function or imagination itself is consciousness or awareness. Therefore,

(v) it is not right to make anybody "unaware"/ignorant/cheated or befooled.

(vi) Also it is not right if one himself remains "unaware" ignorant, cheated or befooled.

(vii) To impart knowledge to all and promote their awareness is a Righteous duty. So to create facility for educational institutions such as schools, libraries and places of Sat-Sangh ( where discourses and discussions are held about acquiring knowledge of Truth ) and conferences ( Samagams ) where interchange of ideas about the ultimate Reality and Truth are exchanged. Such Acts are a part of one's Righteous Duty.

(viii) In the same way it is one's duty to keep oneself ever aware and alert and make all efforts to acquire and attain knowledge—

What is true Knowledge; realise it, safeguard it. protect it and impart it.

What is not true knowledge, or what is falsehood, Be-ware of it !

### (III) THE THIRD FOURLS based on

The Soul ( or Reality ) is Bliss, ever Contented, ever Happy Therefore :

(ix) Do not cause suffering nor be a cause of unhappiness to anyone.

(x) Let nothing affect you; so as to cause suffering or unhappiness. Be above sorrow, sorrow-proof and shock-proof.

(xi) Under all conditions and circumstances maintain your true nature to be Ever pleased, Blissful, Happy !

(xii) Be a source of happiness for others !

### (IV) THE FOURTH FOURLS based on

The Soul ( Reality ) is One, Unity, Same, all inclusive, indivisible, unchangeable in any manner.

Therefore :

(xiii) Do not create any differences of divisions in the society.

(xix) Do not differentiate yourself from others or any other nor feel different.

(xv) Live in Unison with all, Fearlessly mix with all without any ulterior motive.

(xvi) Make efforts to bring up unity, integrity and differencelessness by mixing up amongst all.

The above Sixteen particulars based on the TRUTH of ONESELF, are inclusive of the basic principles of Universal Righteous Code of Conduct ( SANATANA DHARMA ).

“C”

(a) Five things worth being adopted by an Aspirant ( TRUE SEEKER )

(1) Use of the body; is Service—working with the welfare of all for whom you work, as the prime concern in mind !

(2) Balanced or Harmonious action of organs of action ( Karm-indriyas ) and organs of perception ( Gyanindriyas ) following a set Code of Conduct as ordained by Scriptures or teachers.

(3) Use of the Mind; prepare it to practice to have a feeling of 'ONENESS', Unity or Non-duality all the time. Thus to keep in mind the welfare of all.

(4) Use of Wisdom :—

To cultivate the power and quality, to discriminate between the true and false; and thus give up the Unreal or False and adopt the real or true.

(5) Deny Ego, or sense of being separate or different or better or bad :

This is the birth of a separate 'I' or 'Mine'—which in reality is false, hence deny it.

Do not give any place in your mind to pride even in a minute remote or imperceptible way !

Whosoever will pay attention to these and would practice as an aspirant, would attain success sooner.

(b) The Direction to your life ! Please note :—

(i) If you have not fixed the purpose or goal of your life by now; then do it TODAY, JUST NOW. A purposeless life is meaningless, useless.

Walk in one direction, Move only in the direction of the SUPREME; Almighty, PARMATMA or God or Supreme TRUTH !

(ii) Just feel, imagine, that a GREAT LIGHT is surrounding you ! in front; behind; above; below; all round and is glowing each and every minute part of your body. Let your knowledge, power and existence drown itself and dwell in that Light.

After that when you will act in this world you will find that every second of your life is bringing you towards the SUPREME TRUTH !

(iii) In whatever circumstances you are placed at this time faithfully accept that as an auspicious BOON of the Loving Lord and also feel the Gentle Hand of the Supreme in that ! See even Now and Ever the Graceful Protection of HIS DIVINE HANDS is on your Head !

(iv) Forget the past; what is to happen is beyond your power; i. e., Future is also beyond you; Therefore Let you take care of the PRESENT only. Let this moment not pass uselessly without serving the PURPOSE !

(v) Ever direct your body in the Service of the Lord; your "words" to chant HIS NAMES, Qualities and playful acts and your "mind" in his sweet Remembrances !

Wherever the eyes go, these should relish and devour the sweet forms of the Lord.

Believe it, Everything is the Lord himself !

To Realise the Unity and Identity with the Lord is the ( AIM\PURPOSE\GOAL ) fulfilment of Life !